

Benefit Focus News

Office of Group Insurance



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Total Compensation Statement

Each year the state of Idaho makes significant contributions toward your personal benefits. These contributions are not always apparent, but are an important component of your total compensation. The **Total Compensation Statement** outlines the total income and benefits provided to you by the State of Idaho.

Statements are available for all active employees who are paid through the State Controller's Office payroll system, except those with a 'daily rate' of pay. The information is an annual **estimate** based on current payroll records.

If you are an employee working for multiple agencies you will have a statement for each agency. If you are an employee working in multiple positions within the same agency your statement will be based on the position with the highest pay rate.

Links to the statement can be found on the State Controller's Application Selection Menu under Admin-Comp & Benefit Statement. **This statement is informational only and should not be relied on for any other purpose.** A **FAQs** document is also available on our website at <http://ogi.idaho.gov/employees/>.

Take a look at your statement when you view your W-2s!

Legislative Reception

On January 19 the Office of Group Insurance hosted a legislative reception in the Capital Rotunda. We enjoyed talking with many legislators and sharing information about Group Insurance.

The Office of Group Insurance serves to support legislators, agencies, and employees in understanding their comprehensive benefits and utilizing them as needed. It is our goal to make sure everyone has the information they need to take care of themselves and their family so that they can be happy and healthy.

Please contact the Office of Group Insurance to schedule agency benefit presentations or with any questions related to your group insurance plans.

Choosing a Healthcare Provider

What types of providers may be a good choice?

A primary care doctor who understands your needs, such as a family medicine doctor or an internist, can be a valuable partner for your health care. A primary care doctor is very important for helping to coordinate your care, especially if you are seeing different specialists for multiple health problems.

For most people, a board-certified family medicine doctor or an internist is a good choice for primary care. For children and teens, a board-certified pediatrician or family medicine doctor is a good choice. Family doctors, internists, and pediatricians have knowledge about many common medical problems.

Some people choose a "mid-level" provider, such as a physician assistant or a nurse practitioner. These providers can diagnose and treat many basic health problems, and they often partner with a doctor as part of a health care team.

Specialists

Medical specialists are doctors who have completed advanced education and clinical training in a specific area of medicine (their specialty area). A doctor becomes board-certified by completing training in a specialty area and passing an exam. To keep this certification, doctors must take continuing medical education courses and pass periodic exams.

What can you do during your first visit?

During your first visit, tell your doctor that you would like to share in making treatment decisions. Pay attention to how you feel during the visit. Think about these questions:

- Does the doctor listen well and answer your questions?
- Does the doctor use terms you can understand and explain things clearly?
- Does the doctor spend enough time with you?
- Can you build a good working relationship with the doctor?
- Does the doctor encourage you to take an active part in your care?

Talk with your doctor about being a partner in your health decisions. It may take more than one visit for you to find out whether or not you can partner well with your doctor.

Source: members.bcoidaho.com; Healthwise Reference Library.



Choosing a doctor or other health care provider is very important. The relationship you have with your health care provider greatly influences the health decisions you make and, ultimately, your health.

Whether you are looking for a primary care doctor or a specialist, it's important to find a doctor you can partner with. A strong partnership between you and your doctor is key to getting great care and reducing costs. When you have many doctors, think of them as part of your health care team. Ask your doctors to communicate with each other about your care.



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